McDougall's

COOKERY BOOK

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Over seventeen million copies of McDougall's famous Cookery Book have been distributed all over the world. This new, twenty-third edition has been brought thoroughly up to date, and a section on Biscuits has been added. The recipes have been specially planned to meet the need of the busy housewife.

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McDougall's COOKERY BOOK

★

23rd Edition

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GENERAL HINTS

1. Always use McDougall's Self-raising Flour and sieve it with the salt through a rounded strainer.
2. Read the recipe carefully, assemble the ingredients and cooking utensils. Prepare the cake tins and cooker and weigh the ingredients.
3. Have available a large jug of hot water so that knives, forks, etc., may be rinsed quickly ready for using again.
4. Do not add baking powder or bicarbonate of soda to McDougall's Self-raising Flour, which already contains raising ingredients thoroughly mixed in scientific proportions.
5. Place the mixing basin on a damp dishcloth to prevent it slipping when mixing and beating.
6. Use accurate weights, scales and standard measures. It will pay you to use the best equipment.

OVEN CARE AND CONTROL

The temperatures quoted at the end of McDougall's Recipes refer to the heat of the oven on the shelf where the food is to be cooked.

Modern cookers are thermostatically controlled and the internal temperature is shown by indicators bearing letters, numbers or degrees Fahrenheit. Directions for oven control can be obtained from the manufacturer of the oven concerned.

If you do not use a thermostatically controlled cooker individual oven thermometers are available and are reasonably accurate.

The care of your cooker is most important and the following simple directions will help you:

1. Wipe shelves and interior of oven while still warm with a damp cloth. If it is an electric oven make sure the current is switched **off**.
2. Clean the oven and hot-plate thoroughly once a week.
3. Place a baking tin or suitable cover over roasting meat to prevent the oven from becoming unduly greasy. The cover may be removed a few minutes before cooking is completed in order to brown the meat.
4. Remove grill plates of a gas cooker when frying. Place a cover over the frying-pan to protect the top of the cooker. After frying, wipe bars and burners with a damp cloth.
5. Arrange to cook as much as possible when the oven is in use. This saves fuel. Plan to cook dishes requiring different oven temperatures in rotation, starting with a hot oven.
6. There should be at least one inch space all round baking trays so that the heat can circulate freely.

METHODS OF CAKE MIXING

A problem for the beginner is the incorporation of the fat in the mixture. There are two chief methods: (1) rubbing the fat into the flour; (2) creaming the fat with the sugar. These processes will be referred to throughout this book as Method 1 and Method 2.

METHOD 1—RUBBING IN

1. Sieve flour, salt and spice together into a mixing basin.
2. Add fat to dry ingredients and divide into small pieces with a knife.
3. Rub fat and flour between finger-tips until mixture resembles fine breadcrumbs, then stir in sugar, fruit, etc.
4. Make a well in the centre of the dry mixture and add beaten egg, any milk and water or syrup that may be included in the recipe.
5. Stir, then beat well or mix as directed.

The "Rubbing In" technique should be used for scones, plain cakes and short-crust pastry.

METHOD 2—CREAMING

1. Cut up the fat (warmed in cold weather), beat until soft with a wooden spoon or spatula.
2. Add the sugar and beat until the mixture is light in colour and fluffy in texture.
3. Sieve the flour, salt and spice together.
4. Add eggs one at a time with a little of the sieved flour, spice, etc., stir, then beat thoroughly.
5. Stir in milk (syrup if included) and a little flour. Beat again.
6. Add fruit, flavouring, etc., and the rest of the sieved flour; stir in thoroughly but do not beat.
7. Put the mixture into the tin and smooth level with a palette or table-knife.
8. Bake large cakes for the first hour in a moderate oven, then reduce the heat to low for the remainder of the baking period.
9. Cover the cake with greased paper when the top is sufficiently brown.

The "Creaming" technique should be used for rich cakes.

QUICK LOAF

1 lb. McDougall's Self-raising Flour. 1 heaped teaspoonful Salt. ½ pint Water and 2 tablespoonfuls Water.

Sieve flour and salt, add all the water and mix to a pliable dough with a fork. Turn on to a floured board and knead lightly until smooth. Shape into a round and place on a greased baking sheet smooth side uppermost. Bake for 35 mins. If preferred, the dough may be shaped into a plait, twist or cottage loaf or into small rolls or horseshoes.

Regulo Mark 7 420° *Fahr. Middle shelf*

QUICKIES

Prepare half the above mixture, cut into eight even pieces. Roll each piece into a ball, place on a greased baking sheet and bake for 20 mins. Cool, split, spread one half with margarine and one half with jam or meat paste. Sandwich together.

Regulo Mark 7 420° *Fahr. Middle shelf*

DATE AND WALNUT LOAF

½ lb. McDougall's Self-raising Flour. ¼ teaspoonful Salt. ¼ teaspoonful Mixed Spice. 3 ozs. Dates. 1 oz. Sugar. 1 oz. Shelled Walnuts. 2 level tablespoonfuls Malt Extract. 5 tablespoonfuls Milk. 2 level tablespoonfuls Syrup.

Sieve the flour, salt and spice, add the sugar, chopped walnuts and dates. Warm the malt, milk and syrup in a saucepan over gentle heat, and add to the dry ingredients. Beat well. Put into a 1-lb. greased bread tin and bake for 1 hour.

Regulo Mark 3 330° *Fahr. Middle shelf*

MALT LOAF

1 lb. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 2 ozs. Sugar. 4 ozs. Fruit. 2 tablespoonfuls Malt Extract. 1 tablespoonful warmed Golden Syrup. ½ pint Milk and Water mixed.

Warm a 2-lb. loaf tin, grease and dust with flour. Warm the syrup and malt extract in the liquid. Sieve flour and salt, stir in sugar and fruit, add the warmed ingredients. Beat well. Put the mixture into the tin and bake for 1 hour.

Regulo Mark 5 380° *Fahr. Middle shelf*

SCONES

½ lb. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 1½ ozs. Margarine. 2 ozs. Fruit (optional). 1 tablespoonful Sugar (optional). ¼ pint Milk.

Prepare the mixture by Method 1 (*see page* 4) and mix to a light dough with a fork. Turn on to a floured board, knead lightly until smooth, turn over and roll out until the dough is just under half-inch thick. Cut into rounds and place on a greased baking sheet. Press the trimmings together with the fingers, and repeat the rolling and cutting. Bake for 12–15 mins.

Regulo Mark 7 420° *Fahr.* *Second shelf*

GIRDLE SCONES

Ingredients as for Scones (*above*)

To Test the Heat of the Girdle

Sprinkle a little dry flour on it. It should become golden brown in a minute or so. If it turns very dark quickly, it is too hot. If the girdle is heated over gas, a thin asbestos sheet over the flame will spread the heat more evenly. The hot-plates of an electric stove make a good substitute for a girdle. (A thick iron frying-pan may also be used but does not give such good results.)

Prepare the mixture by Method 1 (*see page* 4), divide dough in half. Roll each portion into a 5-inch round and cut into 6 or 8 triangles. Cook on a floured girdle or electric hot-plate for about 4 mins. each side. Turn the scones on to each edge in turn, cooking for about 2 mins.

DROP SCONES

½ lb. McDougall's Self-raising Flour. 3 ozs. Granulated Sugar. Pinch of Salt. 2 Eggs. Just under ½ pint Milk or Buttermilk.

Mix the sieved flour, sugar and salt together. Whisk the eggs and add half the milk. Make a well in the centre of the flour, add the eggs and milk and stir with a wooden spoon to a smooth batter, adding the rest of the milk gradually to keep the mixture smooth and of a creamy consistency.

Have ready a hot girdle greased with lard (or a piece of suet on the end of a fork). Drop about a dessert or tablespoonful of the mixture on to the girdle from the tip of the spoon. When bubbles rise on the surface of the scones and burst, turn them over with a palette knife and brown the other side. Place on a clean tea-cloth and cover over with another; leave to cool.

GENERAL HINTS ON CAKE MAKING

1. **To clean Fruit.** Place in a colander and wash thoroughly under the cold water tap. Drain, then spread on a baking sheet, remove stalks, etc., and leave to dry in a warm place.

2. When peel is not available add a mixture of grated orange and lemon rind or marmalade.

3. When the size of the tin quoted in the recipe is not available and a larger size is used, the baking period should be reduced and *vice versa.*

4. **Test Cakes** before removing from the oven. To do this, note whether the cake has shrunk from the sides of the tin, press the centre lightly with the fingers, when it should feel firm.

5. Leave in the tin until partly cold before turning out on to a cake rack.

To line a Cake Tin

The best paper to use for the purpose is uncrushed greaseproof.
Put the tin on the paper and draw round it, then cut just inside the pencil ring to allow for the thickness of the tin.

Next cut a strip long enough to go round the inside with an overlap of an inch or so, and two or three inches wider than the depth. Turn a strip up about an inch wide and snip it to the fold with scissors. Put this in the greased tin first, then the round, and brush with melted lard.

ECONOMICAL SHORTBREAD

8 ozs. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 2 ozs. Softened Compound Cooking Fat. 2 ozs. Softened Margarine. 2 ozs. Castor Sugar. Few drops Almond Essence.

Grease a shallow tin measuring approximately 10 by 7 inches. Prepare by Method 1 (*see page* 4). Continue rubbing in, press and knead until a pliable paste is formed. Press the mixture evenly into the tin, using a flat-bladed knife to smooth the mixture. Prick thoroughly with a fork.
When sugar can be spared, colour pink with a little cochineal, spread over the surface and press lightly. Bake for 30 mins.

Regulo Mark 3 330° *Fahr. Middle shelf*

Leave in the tin, and when almost cold cut into fingers, cool on a cake rack and store in an airtight tin.

RASPBERRY BUNS

1 lb. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 4 ozs. Margarine. 3 ozs. Castor Sugar. 1 Egg. 1½ gills Milk. Raspberry Jam.

Prepare by Method 1 (*see page* 4) and mix to a soft dough. Turn on to a well-floured board, knead lightly until smooth. Cut into 16 even pieces. Roll each into a ball and roll out into 3-inch rounds. Put half a teaspoonful of jam in the centre, close up the edges firmly and roll into smooth balls. Place on a greased baking sheet and make a cross on the top with the back of a knife. Brush with milk, sprinkle with castor sugar, and bake for 20 mins.

Regulo Mark 6 400° *Fahr. Middle shelf*

MADELINES

1 Egg. Its weight (in shell) in McDougall's Self-raising Flour, Sugar and Margarine respectively. Pinch of Salt.

Decoration:

About 2 tablespoonfuls apricot or raspberry jam, desiccated coconut, cherries, angelica.

Grease 5–6 Castle Pudding tins and place on a baking sheet. Prepare by Method 2 (*see page* 4).

Half fill tins with the mixture. Bake for 20 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

Allow Madelines to cool for 5 to 10 mins. before removing from tins on to a cake rack.

Finishing

When quite cold, trim off large rounded edges so that the cakes stand firmly. Sieve jam into a saucepan, warm gently, then brush over top and sides of Madelines, roll in coconut. Decorate with half cherries and leaves of angelica.

JAM OR PRUNE LAYER CAKE

½ lb. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 1 Egg. 3 ozs. Margarine. 3 ozs. Sugar. 4 ozs. Prunes (soaked 24 hours, stoned and cut up) or Jam. Milk and Prune Juice to mix. Nutmeg.

Prepare prunes, then make the mixture by Method 1 (*see page* 4). Cut the dough in half. Roll out each piece into a round about ½-inch thick. Place one round on a greased baking sheet and moisten the edges with water. Spread prunes to within ½ inch of the edge, grate a little nutmeg over, cover with the second round. Pinch and flute the edges with the fingers. Bake for ½ hr.

Regulo Mark 5 380° *Fahr. Middle shelf*

This may be served as a sweet with custard. Marmalade or any cooked fruit strained from the juice may be used as a filling.

ALMOND SLICES

Short-crust Pastry

6 ozs. McDougall's Self-raising Flour, etc. (*see page* 23).

Filling

2 Egg Whites. 3 ozs. whole blanched Almonds. 3 ozs. Icing Sugar. 2 ozs. Ground Almonds. A little Almond Essence. Raspberry Jam.

Line a shallow tin measuring 8 by 12 inches, then grease it. Roll out the pastry to about ¼ inch thick and cover the base of the tin with it. Whisk the whites of egg, stir in the essence, sugar and ground almonds. Spread jam thinly over the pastry, then cover with the almond mixture. Sprinkle the roughly chopped almonds over the top. Bake for 25 mins. Cut into fingers when cold.

Regulo Mark 5 380° *Fahr. Just above the middle*

LITTLE CHOCOLATE CAKES

5 ozs. McDougall's Self-raising Flour. 1 Egg. 1 oz. Cocoa. Good Pinch of Salt. 2½ ozs. Margarine. 2½ ozs. Sugar. ¾ gill Milk. Vanilla Essence.

Prepare by Method 1 (*see page* 4). Put the mixture into small paper baking cases. Bake for 15–20 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

BUTTERFLIES

Bake the cakes as above, cool and cut off the tops; cut these in half, put a mound of Mock Cream in the centre and replace the halves in the cream, rounded edges outwards, so that they resemble wings. Dredge with icing sugar.

This cake mixture also makes a delicious steamed pudding. Cook in a greased, covered basin for 1½ hrs.

MUSHROOMS

Bake the cakes as above, cool, cut out the centres with an apple corer. Fill the centre with Mock Cream (*see page* 44) and replace the "stalks". Dredge with icing sugar.

QUEEN CAKES

6 ozs. McDougall's Self-raising Flour. Good pinch of Salt. 4 ozs. Margarine. 4 ozs. Castor Sugar. 2 Eggs. 2 tablespoonfuls Milk. 4 ozs. Currants.

Prepare by Method 2 (*see page* 4). Put into paper baking cases or greased Queen Cake tins on a baking tray. Bake for about 20 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

CONGRESS TARTS

Short-crust Pastry

6 ozs. McDougall's Self-raising Flour, etc. (*see page* 23).

Filling

3 ozs. Castor Sugar. 3 ozs. Margarine. 3 ozs. Ground Rice. Almond Essence. Jam. 1 Egg.

Make the pastry and prepare 12 patty tins (*see* Macaroon Tarts, *page* 10). Prepare the filling by Method 2 (*see page* 4). Proceed as for Macaroon Tarts. Bake for 15–20 mins.

Regulo Mark 6 400° *Fahr. Just above the middle*

MACAROON TARTS

Short-crust Pastry
6 ozs. McDougall's Self-raising Flour, etc. (*see page* 23).
Filling
2 teaspoonfuls Ground Rice. 2 ozs. Ground Almonds. 3 ozs. Castor Sugar. 3 drops Almond Essence. 2 Whites of Egg. Jam.

Prepare the pastry, roll out to just under a quarter of an inch in thickness and line 12 patty tins. Put a little jam in each. Whisk the whites of egg stiffly, stir in the essence, almonds, sugar and ground rice. Put a spoonful of the mixture in each tart. Roll out the remaining pastry, cut into narrow strips, damp the ends, and arrange in the form of a cross over the filling and touching the pastry. Bake for 20 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

SYRUP OAT SLICES

Short-crust Pastry
4 ozs. McDougall's Self-raising Flour, etc. (*see page* 23). **Jam.**
Filling
6 rounded tablespoonfuls Quick-cooking Oats, or 3 rounded tablespoonfuls Oats and the same amount of Desiccated Coconut. 3 ozs. Margarine. 3 level tablespoonfuls warmed Syrup. A few drops of Almond Essence.

Make the Short-crust Pastry and line a shallow tin 10 by 7 by ½ inches. Spread a layer of jam over the pastry. Melt margarine and syrup together in a saucepan over gentle heat. Add oats and essence and stir well together. Put filling evenly over the jam.
Bake for 20 mins. When cold, cut into fingers.

Regulo Mark 6 400° *Fahr. Middle shelf*

TEA CAKES

1¼ lb. McDougall's Self-raising Flour. ½ teaspoonful Salt. 2 ozs. Soft Dripping or Margarine. 3 ozs. Sugar. 3 ozs. Sultanas. 1 Egg. ½ pint Milk and Water.

Prepare by Method 1 (*see page* 4). Mix to a slightly soft dough. Divide into eight, form into flat cakes and place on a greased tin. Bake for about 30 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

COCONUT BUNS

8 ozs. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 3 ozs. Margarine. 3 ozs. Desiccated Coconut. 2 ozs. Sugar. ¾ gill Milk.

Prepare by Method 1 (*see page* 4). Add the milk, and using a fork, blend to a fairly stiff paste. Place the mixture in small rocky heaps on a greased baking sheet and bake for 20 mins. in a fairly hot oven.

Regulo Mark 5 380° *Fahr. Middle shelf*

CHOCOLATE CRUNCHIES

4 ozs. McDougall's Self-raising Flour. Pinch of Salt. 1 rounded tablespoonful of Cocoa. 2 ozs. Margarine. 2–3 ozs. Sugar, according to taste. 1 Egg or 1 1/2 tablespoonfuls Water. Vanilla Essence. Cornflakes.

Sieve the flour, salt and cocoa. Cream the margarine, add the sugar and beat again until light in colour and fluffy in texture; add the egg or water, whichever is used, together with a tablespoonful of the sieved flour, etc., beating well.

Stir in the essence and the rest of the dry ingredients. Divide into 12 even-sized pieces. Shape each into a round and roll in crushed cornflakes. Place on a greased baking sheet. If the mixture contains egg, the Crunchies can be flattened slightly before baking. If water has been used, leave the mixture in round balls.

Bake for 15–20 mins.

Regulo Mark 6 400° *Fahr. Middle shelf*

QUICK CHELSEAS

Foundation

1/2 lb. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 3 ozs. Margarine. 2 ozs. Sugar. Just under 1/4 pint Milk.

For the Filling

1/2 oz. Melted Margarine. 1/4 teaspoonful Mixed Spice. 4 ozs. Mixed Fruit. 1 oz. Sugar.

Prepare the foundation ingredients by Method 1 (*see page* 4). Mix to a light dough and roll out into an oblong 1/4 inch thick. Brush with the melted margarine, sprinkle the fruit, sugar and spice on, then roll up. Cut off twelve even-sized pieces with a sharp knife and place cut side down on a greased baking sheet. Bake for 20 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

ROCK CAKES

8 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 1/4 teaspoonful Mixed Spice. 1 Egg. 3 ozs. Margarine or Soft Dripping. 3 ozs. Sugar. 3 ozs. Fruit or Grated Rind of 1 Orange or Lemon. Milk and Water to mix.

Prepare by Method 1 (*see page* 4). Add sufficient liquid to bind to a stiff paste with a fork.

Put on a greased baking sheet in rocky heaps and bake for about 15 mins.

Regulo Mark 6 400° *Fahr. Middle shelf*

N.B.—If the mixture is too soft, the cakes will spread and flatten.

DATE AND GINGER BUNS

Prepare as above, substituting ginger for mixed spice and dates for other fruit.

SIMNEL CAKE

9 ozs. McDougall's Self-raising Flour. 1/8 teaspoonful Salt. 1/2 teaspoonful Mixed Spice. 6 ozs. Butter or Margarine. 6 ozs. Soft Brown Sugar. 3 Eggs. 1/2 gill Milk. 1 small tablespoonful Golden Syrup. 2 ozs. Raisins (stoned and chopped). 1 lb. Currants. 4 ozs. Sultanas. 1 oz. Glacé Cherries. 4 ozs. Candied Peel. Apricot Jam. Almond Paste (*see page* 42). **Glacé Icing** (*see page* 45).

Make the cake exactly as for Christmas Cake (*see page* 13), then prepare the almond paste and divide it into two pieces, one being just a little larger than the other. Roll out the smaller one into a round, the size of the cake tin. Put about half the cake mixture into the tin, then put on the prepared round of almond paste and add the rest of the cake mixture. Bake for about 3½ hrs. in a lined 8-inch tin. When cooked, allow to cool, then remove cake from the tin and leave until cold on a wire tray. Next day, divide the remaining almond paste into two and roll one piece into a round to fit the top of the cake. Brush the top with a little apricot jam and put on the round. Next, roll tiny balls from the rest of the paste, brush the top with beaten egg, and put them all round the edge close together. Brush them also with egg. Tie a piece of greased greaseproof paper round the outside. Stand the cake on a tray and put it into a moderate oven for 10–15 mins. to brown the top lightly. Remove the paper carefully, and when cold a little glacé icing may be poured on the top and allowed to set. Easter eggs and a chick may be used for decoration.

Regulo Mark 4 *for* 1 *hour*, **Mark 1** *for the remaining time.*
360° *Fahr., lowering to* 290° *Fahr. Middle shelf*

RICH DARK CAKE

¾ lb. McDougall's Self-raising Flour. ¼ teaspoonful Salt. ¼ teaspoonful Grated Nutmeg. 6 ozs. Dark or Granulated Sugar. 8 ozs. Margarine. 3 Eggs. 1 tablespoonful warmed Syrup. 1 tablespoonful Gravy Browning. 6 tablespoonfuls Milk. 1¾ lb. Mixed Dried Fruit.

Prepare by Method 2 (*see page* 4). Bake in a lined 8-inch cake tin for 3 hrs. or 9-inch tin for 2¾ hrs.

Regulo Mark 4 *for* 1 *hour.* 360° *Fahr. Middle of oven*
Regulo Mark 1 *for* 2 *hrs. or* 1¾ *hrs.* for nine-inch cake. 290° *Fahr.*

FRUIT CAKE

8 ozs. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 4 ozs. Margarine. 4 ozs. Sugar. 2 Eggs. 9 ozs. Fruit. Grated Orange and Lemon Rind when available. 1/8 pint Milk.

Prepare by Method 2 (*see page* 4). Bake in a lined 6-inch cake tin for 1½ hrs.

Regulo Mark 4 360° *Fahr. Middle shelf*

BATTENBURG CAKE

Cake Mixture (*see* **Victoria or Golden Sandwich,** *pages* 19 *and* 20). **Cochineal or 1 dessertspoonful Cocoa. Almond Paste (½ quantity of recipe on page 42). Warm Jam.**

Line an oblong tin measuring 9 by 6 inches and divide it in half down the centre with a three-fold piece of strong white paper.

Prepare the cake mixture, and put half into one half of the tin. Tint the other half pink or stir in cocoa and one teaspoonful milk, and put into the second half of the tin. Spread each quite even and smooth. Bake for 25 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

To finish the Cake

Remove from tin when cold, cut each piece into three lengthways. Trim with a sharp knife so that all the sides are flat. Brush every side of each strip with jam. Arrange in alternate colours, press well together. Roll out almond paste on sugared greaseproof paper into an oblong large enough to wrap around the cake. Brush with jam, slip a knife under the cake, lift it on to almond paste. Put the hands under the greaseproof paper, press paste against sides of cake from the bottom upwards, then across the top. Neaten and trim off the edges. Place a flat dish over the cake, slip the hand under the cake, turn over quickly.

Mark diagonally across the cake with the back of a knife, repeat in the opposite direction. Pinch edges into flutes with finger and thumb.

RICH CHRISTMAS CAKE

10 ozs. McDougall's Self-raising Flour. ⅛ teaspoonful Salt. ½ teaspoonful Mixed Spice. 6 ozs. Margarine. 6 ozs. Brown or Granulated Sugar. 3 Eggs. 1 tablespoonful warmed Syrup. 2 tablespoonfuls Milk. 1 tablespoonful Brandy (optional). 1 lb. 4 ozs. Mixed Fruit.

Prepare by Method 2 (*see page* 4). Bake in a lined 8-inch cake tin for 3 hrs.

Regulo Mark 4, 1 *hour* 360° *Fahr. Middle shelf*
Regulo Mark 1, 2 *hrs.* 290° *Fahr.*

GOLDEN CAKE

8 ozs. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 3 ozs. Demerara Sugar. 4 ozs. Butter. 2 level tablespoonfuls warmed Syrup. ½ teaspoonful Vanilla Essence. 2 Eggs. 4 tablespoonfuls Milk.

Prepare by Method 2 (*see page* 4) and bake in a lined 7-inch cake tin for 1 hr. 10 mins.

Regulo Mark 4 360° *Fahr. Middle shelf*

FAMILY SLAB CAKE

8 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 2 Eggs. 2 level tablespoonfuls warmed Golden Syrup. 1 heaped teaspoonful Ground Ginger. 3 ozs. Lard or Margarine. 2 ozs. Sugar. 4 ozs. Chopped Dates (optional). 1/4 pint Milk.

Warm an oblong baking tin measuring approximately 11 by 9 inches and about 2 inches deep, grease and dust out with flour. Prepare by Method 1 (*see page* 4). Bake for 40 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

N.B.—This mixture may be put into small baking cases and baked for 20 mins. or into a greased covered basin and steamed for 1½ hrs. for a pudding.

DATE AND WALNUT CAKE

12 ozs. McDougall's Self-raising Flour. 1/2 teaspoonful Mixed Spice. 1/4 teaspoonful Salt. 4 ozs. Castor Sugar. 4 ozs. Butter. 2 Eggs. 2 tablespoonfuls Golden Syrup. 6 ozs. Chopped Dates. 1 1/2 ozs. Walnuts. 1/4 pint Milk and Water.

Sieve the flour, salt and spice together on to a piece of paper. Prepare by Creaming Method (*see page* 4).
Put the mixture into the prepared tin and bake in a moderately hot oven for 1¼ hrs. Size of tin, 8 inches diameter, 3 inches deep.

Regulo Mark 4 360° *Fahr. Middle shelf*

SPONGE GINGER CAKE

1 lb. McDougall's Self-raising Flour. 1 large teaspoonful Ground Ginger. 1/4 teaspoonful Salt. 3/4 lb. Golden Syrup. 1/4 lb. Margarine. 1/4 lb. Sugar. 3 ozs. Sultanas. 2 Eggs. 1/4 pint Milk.

Grease a Yorkshire Pudding tin 11 by 8 inches. Sieve the flour, salt and ginger into a basin; stir in the sultanas. Melt the margarine in a saucepan; add the syrup and sugar, stir over gentle heat until thoroughly melted. Beat the eggs and add the milk to them. Pour eggs and milk, melted margarine, etc., into the dry ingredients. Stir, then mix thoroughly. Pour into the tin and bake for 1½ hrs.

Regulo Mark 3 330° *Fahr. Middle shelf*

GINGERBREAD

½ lb. McDougall's Self-raising Flour. ½ lb. Golden Syrup or Black Treacle. 3 ozs. Butter or Margarine. 2 ozs. Demerara Sugar. 2 teaspoonfuls Ground Ginger. 1 Egg. Pinch of Salt. ⅛ pint Milk (about).

Sift the flour, ground ginger and salt into a basin. Melt the butter in a saucepan with the syrup or treacle and sugar, but do not let it get too hot. Beat the egg and add it to the milk, then stir all the ingredients together. Put the mixture into a greased tin and bake for 45 mins.
Size of tin, 9 by 7 inches.

Regulo Mark 3 330° *Fahr. Fairly low in the oven*

For a Special Occasion.

MUSHROOM CAKE

Prepare Mixture as for Little Chocolate Cakes (*see page* 9).

Bake in a lined 7-inch sandwich tin for 35 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

To finish the Cake

When the cake is cold, remove the centre with a round 1-inch cutter or apple corer. Cover the top with Chocolate Mock Cream (*see page* 45). Smooth, then mark grooves with a fork to resemble a mushroom—place the "stalk" in the centre.
A pleasing effect is achieved if the bottom and sides of the cake are covered with Almond Paste I (⅓ quantity of recipe on *page* 42) before finishing the top.

DUNDEE CAKE

8 ozs. McDougall's Self-raising Flour. ½ teaspoonful Mixed Spice. ¼ teaspoonful Salt. 6 ozs. Margarine. 6 ozs. Granulated or Soft Brown Sugar. 3 Eggs. 1 tablespoonful Milk.

2 ozs. Chopped Peel
6 ozs. Sultanas
6 ozs. Currants
1 oz. Glacé Cherries
} **or 15 ozs. any Fruit available.**

2 ozs. blanched split Almonds for the top when available.

Prepare by Method 2 (*see page* 4). Place almonds on the top. Bake in a lined 7-inch cake tin for 2¼ hrs.

Regulo Mark 4 *for one hour, then* **Regulo Mark 2** *for the remaining time.* 360° *Fahr. lowering to* 310° *Fahr. Middle shelf*

CREAM CAKE

6 ozs. McDougall's Self-raising Flour. 1/8 teaspoonful Salt. 3 ozs. Margarine. 4 ozs. Castor Sugar. 2 Eggs. 1/4 gill Milk. Flavouring—Grated Orange Rind or Essence.

Prepare by Method 2 (*see page* 4). Bake in a lined 8-inch sandwich tin for 35 mins. When the sandwich is cold cut in half, spread with jam, then with Mock Cream (*see page* 44). Put together, then dredge with icing sugar.

Regulo Mark 5 380° *Fahr. Middle shelf*

COFFEE CAKE

10 ozs. McDougall's Self-raising Flour. Pinch of Salt. 3 ozs. Brown Sugar. 2 tablespoonfuls Coffee Essence. 3 ozs. Butter. 2 Eggs. 2 tablespoonfuls warmed Syrup. 1/8 pint Milk.

Prepare by Method 1 (*see page* 4).
Bake in a greased 7-inch cake tin for 1 hr.

Regulo Mark 4 360° *Fahr. Middle shelf*

If liked, split and decorate with Coffee Butter Icing (*see page* 45).

COFFEE WALNUT CAKE

1/2 lb. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 6 ozs. Margarine. 6 ozs. Sugar. 3 Eggs. 1 tablespoonful Coffee Essence. 1 tablespoonful Milk. 2 ozs. Chopped Walnuts.

Prepare by Method 2 (*see page* 4), adding the walnuts with the bulk of the flour. Bake in a lined 7-inch cake tin for 1 hr. 10 mins.

Regulo Mark 4 360° *Fahr. Middle shelf*

COCONUT CAKE

6 ozs. McDougall's Self-raising Flour. Pinch of Salt. 1 1/2 ozs. Desiccated Coconut. 4 ozs. Margarine. 4 ozs. Sugar. 2 Eggs. 2 tablespoonfuls Milk.

Prepare by Method 2 (*see page* 4), adding the coconut with the bulk of the flour. Bake in a lined 6-inch cake tin for 1 hr. 10 mins.

Regulo Mark 4 360° *Fahr. Middle shelf*

LEMON LAYER CAKE

12 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 6 ozs. Sugar. 4 ozs. Margarine. 2 Eggs. 3/4 gill Milk (1 gill = 1/4 pint). Lemon Curd (*see page* 46).

Prepare by Method 2 (*see page* 4). Bake in a lined 7-inch cake tin for 1 hr.

Regulo Mark 4 360° *Fahr. Middle shelf*

To finish the Cake

When it is cold, cut into three layers and spread each one with Lemon Curd. Put them together again and dust the top with icing sugar.

CUT AND COME AGAIN CAKE

8 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 1 teaspoonful Mixed Spice. 4 ozs. Margarine. 4 ozs. Sugar. 9 ozs. Mixed Fruit. 1 teaspoonful Grated Orange or Lemon Rind when available. 1 Egg. 3/4 gill Milk and Water.

Prepare by Method 1 (*see page* 4). Bake in a lined 6-inch tin for 1 hr. 20 mins.

Regulo Mark 4 360° *Fahr. Middle shelf*

ALMOND CAKE

6 ozs. McDougall's Self-raising Flour. 6 ozs. Castor Sugar. 6 ozs. Butter or Margarine. 4 ozs. Ground Almonds. 4 Eggs. Grated Rind of a Lemon.

Prepare by Method 2 (*see page* 4). Put into a 7-inch tin lined with greased paper and bake in a moderate oven for about an hour.

Regulo Mark 4 360° *Fahr. Middle shelf*

CHERRY PEEL CAKE

8 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 4 ozs. Margarine. 4 ozs. Sugar. 4 ozs. Glacé Cherries. 2 ozs. Mixed Peel (Chopped). 1 egg. 1/8 pint Milk.

Prepare by Method 1 (*see page* 4), cutting each cherry into six or eight according to size and tossing in a dessertspoonful of the weighed flour. Bake in a lined 6-inch cake tin for 1¼ hrs., covering the cake with greased paper when it is sufficiently brown.

Regulo Mark 4 360° *Fahr. Middle shelf*

MADEIRA CAKE

8 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 4 ozs. Margarine. 5 ozs. Castor Sugar. 2 Eggs. 2 tablespoonfuls Milk. A few drops Vanilla Essence or a little Grated Lemon Rind. Strip of Citron Peel when available.

Prepare by Method 2 (*see page* 4). Lay the peel on the top. Bake in a lined 6-inch cake tin for 1 hr.

Regulo Mark 4 360° *Fahr. Middle shelf*

FAVOURITE FAMILY CAKE

1 lb. McDougall's Self-raising Flour. 1/2 teaspoonful Salt. 1 teaspoonful Mixed Spice. 6 ozs. Margarine or Dripping. 6–8 ozs. Sugar. 8 ozs. any Fruit available. Grated Rind of 1 Orange or Lemon if liked. 1/2 pint Milk and Water.

Prepare by Method 1 (*see page* 4). Bake in a 7-inch greased cake tin for 1½ hrs.

Regulo Mark 4 360° *Fahr. Middle shelf*

CHANNEL ISLAND CAKE

10 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 1/2 teaspoonful Spice. 4 ozs. Margarine. 3 ozs. Sugar. 2 ozs. Currants. 2 ozs. Sultanas. 1 oz. Mixed Peel (cut up). 1 Egg. 5 tablespoonfuls Milk. 2 level tablespoonfuls warmed Golden Syrup.

Prepare by Method 1 (*see page* 4). Bake for 1¼ hrs. in a greased 7-inch cake tin, covering with greased paper after 1 hr.

Regulo Mark 3 330° *Fahr. Middle shelf*

CHOCOLATE CAKE

8 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 5 ozs. Butter. 5 ozs. Sugar. 5 ozs. Plain Chocolate. 3 Eggs. 1 tablespoonful Milk.

Shred chocolate with a knife, melt in a basin standing in hot water. Prepare by Method 2 (*see page* 4). Add chocolate and milk after last egg has been added. Bake in a lined 7-inch cake tin for 1 hr. 10 mins.

Regulo Mark 4 360° *Fahr. Middle shelf*

CHOCOLATE SANDWICH

2 Eggs. Their weight (in shells) in Margarine, Sugar and McDougall's Self-raising Flour. Good pinch of Salt. Vanilla Essence. 3 ozs. Plain Chocolate. 2 tablespoonfuls Milk.

Dissolve the chocolate in the milk over gentle heat and stir to a smooth cream.

Prepare by Method 2 (*see page* 4), adding the chocolate and essence after the last egg. Bake in a lined 8-inch sandwich tin for 35 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

When cold, cut the sandwich in half and spread with Chocolate Mock Cream (*see page* 45).

GOLDEN SANDWICH

5 ozs. McDougall's Self-raising Flour. Pinch of Salt. 3 ozs. Margarine. 3 ozs. Fine Sugar. 1 teaspoonful warmed Syrup. Vanilla Essence. 2 Eggs. 1 tablespoonful Milk.

Prepare by Method 2 (*see page* 4). Bake in a lined 7-inch sandwich tin for 35 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

ONE-EGG SANDWICH

6 ozs. McDougall's Self-raising Flour. 1 oz. Semolina. Pinch of Salt. 2½ ozs. Margarine. 4 ozs. Sugar. 1 Egg. 4 tablespoonfuls Milk. 2 tablespoonfuls Water.

Prepare by Method 2 (*see page* 4), softening the margarine well before adding the sugar. Add the semolina with the flour. Bake in two lined 7-inch sandwich tins in a moderately hot oven for 30 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

When cold, sandwich together with Chocolate Mock Cream or Lemon Curd Cream (*see pages* 45 *and* 46).

ORANGE SANDWICH

2 Eggs. Their weight (in shells) in Margarine, Sugar and McDougall's Self-raising Flour. Good pinch of Salt. Grated rind of half an Orange. Small tablespoonful Orange Juice.

Prepare by Method 2 (*see page* 4), adding the rind and juice after the last egg. Bake in a lined 8-inch sandwich tin for 30 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

Cut in half when cold and spread with Orange Curd or Orange and Honey Cream (*see pages* 44, 45) and ice with Orange Glacé Icing (*see page* 45).

FRESH FRUIT CREAM SANDWICH

4 ozs. McDougall's Self-raising Flour. 1/8 teaspoonful Salt. 3 ozs. Castor Sugar. 2 1/2 ozs. Margarine. 1 Egg. 2 tablespoonfuls Milk. Vanilla Essence. 1/4 pint Double Cream or Mock Cream (*see page* 44). Bananas, oranges, strawberries or raspberries.

Prepare the cake mixture by Method 2 (*see page* 4). Bake in a lined 7-inch sandwich tin for 30 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

When the cake is cold, cut across horizontally, spread with half the cream. (If fresh cream is used, beat until thick and sweeten to taste.) Cover with some of the prepared fruit—sliced bananas, orange quarters, etc., and put the other portion of the sandwich over the fruit. Spread the remainder of the cream on the top and decorate with strawberries, orange quarters, etc.

RASPBERRY SANDWICH

7 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 4 ozs. Margarine. 4 ozs. Sugar. 2 Eggs. 3 tablespoonfuls Milk. Flavouring if liked.

Prepare by Method 2 (*see page* 4). Bake in two lined 7-inch sandwich tins for 25 mins. or bake in an 8-inch sandwich tin for 40 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

When cold, split each sandwich in half—spread with jam, sandwich the layers together. Sprinkle the top with icing sugar.

VICTORIA SANDWICH

2 Eggs. Their weight (in shells) in Margarine, Castor Sugar and McDougall's Self-raising Flour respectively. 3 or 4 drops of Vanilla Essence or Grated Rind of 1/2 Lemon. Pinch of Salt.

Prepare by Method 2 (*see page* 4). Bake in a lined 8-inch sandwich tin for 30 mins. or use two lined 7-inch tins and bake for 25 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

When cold, cut in half, spread with jam, sandwich together and dust the top with icing sugar.

WALNUT SANDWICH

2 Eggs. Their weight (in shells) in Margarine, Castor Sugar and McDougall's Self-raising Flour. 2 ozs. Coarsely Chopped Walnuts. Pinch of Salt.

Prepare by Method 2 (*see page* 4), adding the walnuts with the bulk of the flour. Bake in a lined 8-inch sandwich tin for 35 mins., covering with greased paper when the top is sufficiently brown.

Regulo Mark 5 380° *Fahr. Middle shelf*

SPONGE CAKES

To prepare tins for Sponge Cakes—grease the tin very evenly by brushing with melted lard, then dust it all over with a mixture of half castor sugar and half McDougall's Self-raising Flour, well mixed. A dessertspoonful is usually enough for a sandwich tin.

To line a Swiss Roll Tin

Cut a piece of paper 2 inches larger all round than the tin, crease it to the size, snip up into the corners so that it sets without creases in the greased tin. Brush with melted lard.

To prepare a Plain Sponge

1. Have ready a large saucepan containing 2–3 inches of boiling water.
2. Break the eggs into a basin, add the sugar, whisk together over the boiling water until mixture is lukewarm. **Care must be taken to avoid overheating the mixture.**
3. Remove the basin and whisk until the mixture is very thick and ropy.
4. Add the sieved flour and, using a metal spoon, lightly cut and fold the flour into the mixture. This should be done thoroughly but lightly so that the air is not expelled.

BENTLEY CAKE

2 ozs. McDougall's Self-raising Flour. 2 ozs. Castor Sugar. 2 Eggs. 4 tablespoonfuls Whipped Cream. 2 tablespoonfuls Jam. A few Shredded Almonds.

Put the yolks of the eggs and the sugar into a large basin, whisk them together until thick. Add the flour, stirring in lightly, then fold in the stiffly beaten whites. Put into a greased and lined cake tin and bake in a moderate oven for about 30 mins. When cold, split the cake open, spread it with jam and half the cream and put it together again. Spread the remainder of the cream on the top of the cake and sprinkle with the almonds.

Size of tin—5 inches diameter, 2½ inches deep.

Regulo Mark 4 360° *Fahr. Middle shelf*

MOCHA CAKE

4 ozs. McDougall's Self-raising Flour. Pinch of Salt. 3 Eggs. 4 ozs. Castor Sugar. 2 ozs. melted Butter.

Prepare as for Genoese Sponge (*see page* 22), put the mixture into a lined 6-inch cake tin or into a 6-inch square cake tin and bake for 40 mins.

Regulo Mark 4 360° *Fahr. Middle shelf*

To finish the Cake

Coffee Butter Icing (*see page* 45). **Coffee Glacé Icing** (*see page* 45). **Chopped, browned Almonds.**

When cold, cut the cake in half and spread with butter icing. Sandwich together and spread the remainder of the icing on the sides. Press the chopped almonds on the icing. Cover the top with a little Coffee Glacé Icing, but do not allow this to run down the sides. The Butter Icing should form a little ridge to prevent this.

SWISS ROLL (1)

3 ozs. McDougall's Self-raising Flour. 3 ozs. Castor Sugar. 2 Eggs. 3 tablespoonfuls Jam.

Prepare the mixture as for Plain Sponge (*see page* 21) and spread over the prepared tin. Bake for 7 mins. and turn out top downwards on to a sheet of paper thickly dusted with castor sugar. Have the jam ready warmed in a small saucepan and spread it quickly over the cake. Then cut off the edges all the way round, place the two hands behind the sugared paper and roll up the cake at once. Size of tin—about 9 by 13 inches and about ½ inch deep.

Regulo Mark 6 400° *Fahr. Middle shelf*

SWISS ROLL (2)

4 ozs. McDougall's Self-raising Flour. Pinch of Salt. 3 ozs. Castor Sugar. 3 ozs. Margarine. 2 Eggs. Flavouring. Warm Jam.

Line a Swiss Roll tin measuring 9 by 13 inches with greased paper. Prepare by Method 2 (*see page* 4). Spread the mixture evenly in the tin. Bake for 10 mins.

Regulo Mark 7 420° *Fahr. Third shelf from the top*

To finish the Roll

Turn out on to sugared greaseproof paper, trim off the edges with a sharp knife, spread with jam and roll up quickly.

CHOCOLATE LOG

Swiss Roll (1) (*see above*).

Chocolate Mock Cream (*see page* 45).

Spread the cream over the Swiss Roll, mark with a fork to resemble the bark of a tree, dust with icing sugar, and place a robin on the top.

SPONGE CAKE

Prepare an 8-inch sandwich tin (*see page* 21), make the mixture as for Swiss Roll (1) and bake for 20 mins.

Regulo Mark 4 360° *Fahr. Middle shelf*

GENOESE SPONGE

3 ozs. McDougall's Self-raising Flour. Pinch of Salt. 3 Eggs. 4 ozs. Castor Sugar. 3 ozs. melted Margarine or Butter.

Prepare as for Swiss Roll (1) (*see above*), adding the melted fat and then the sieved flour. Pour into a lined tin measuring 7 by 10 inches by 1 inch deep and bake for 25 mins.

Regulo Mark 5 380° *Fahr. Middle shelf*

When cold, cut into fancy shapes or fingers, ice and decorate to taste.

PASTRY AND PASTRY DISHES

GENERAL HINTS

1. When supplies are available, use the proportion of fat quoted in the recipe in order to achieve the best results.
2. Whilst lard produces the "shortest" pastry, equal amounts of margarine and softened compound cooking fat will yield a quite good pastry.
3. Shape the pastry into a flat round, square or oblong according to the requirements before rolling out.
4. Right-handed workers should press more heavily with the left hand until even rolling with both hands becomes a habit.
5. Never stretch the pastry to make it fit a dish as it will shrink away from the edge during the cooking.
6. When lining a pie plate, flan ring, etc., press the pastry firmly against the base to expel the air. If this is not done, the air expands in the heat of the oven and pushes the pastry up through the filling. The pastry may be pricked with a fork provided a liquid mixture is not being put into the pastry case.
7. Cover the pastry with greased paper when it is sufficiently brown and the cooking period has to be prolonged until the fruit or other filling is cooked.

SHORT-CRUST PASTRY

½ lb. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 4 ozs. Margarine or softened Cooking Fat and Margarine mixed. Water to mix.

Prepare by Method 1 (*see page* 4), add sufficient water to mix to a firm paste with a table-knife. Bake as directed in the recipe used.

SUET PASTRY

8 ozs. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 3 ozs. Suet. Water to mix.

Sieve flour and salt, stir in suet, mix to a pliable paste with water.

APPLE DUMPLINGS

Short-crust Pastry (*see page* 23). **4 large Cooking Apples. Sugar or Dates. Cold Water.**

Prepare the pastry, divide into four, roll each piece into a round and moisten the edges with water. Peel and core the apples, place one on each round. Fill with sugar or chopped dates and add a teaspoonful of water. Bring the edges of the pastry together over the apple, press well, turn over and place on a greased baking sheet. Bake 30 mins. Test apples before removing from oven.

Regulo Mark 6 400° *Fahr. Middle shelf*

ROUGH PUFF PASTRY

½ lb. McDougall's Self-raising Flour. ⅛ teaspoonful Salt. ⅛ teaspoonful Cream of Tartar or a good squeeze of Lemon Juice. 6–8 ozs. firm Butter or Margarine. Approximately ¼ pint Cold Water.

Sieve the flour, salt and cream of tartar (if used). Cut the fat into pieces the size of a small walnut and add to the flour. Mix to a pliable paste with the water and lemon juice (if used).
Shape the pastry into an oblong with floured fingers, then roll into a thin oblong on a floured board.
* Fold up the lower third of the pastry, bring the top third down on to it, seal the open edges with the rolling-pin.* Turn with the fold to the left-hand side. Press two or three times with the rolling-pin to flatten. Roll out into a thin oblong and repeat * to *. Leave in a cold place for about 20 mins.
Repeat the rolling, folding and resting as above four more times. Wrap in greaseproof paper, then a damp cloth and leave in a cold place for an hour or overnight.
Roll out and use as required.
Bake in a very hot oven.

ECONOMICAL BAKEWELL TART

Short-crust Pastry (*see page* 23—**½ quantity). Jam. Lemon Curd (if liked). 2 ozs. Margarine. 2 ozs. Fine Sugar. 1 Egg. 1 oz. McDougall's Self-raising Flour. 1 oz. Semolina. Pinch of Salt. A few drops of Almond Essence.**

Line a 7½- to 8-inch pie plate with the pastry. Trim and decorate. Spread jam on the base of the pastry, then lemon curd. Prepare the rest of the ingredients by Method 2 (*see page* 4), and spread over the curd. Bake for 40 mins., covering the top with greased paper when sufficiently brown.

Regulo Mark 5 380° *Fahr. Middle shelf*

N.B.—Attractive Bakewell slices suitable for tea can be made by lining an oblong tin 10 by 7 inches with the pastry, filling and baking as described above for 30 mins., then cutting into fingers when cold.

MINCEPIES

Mincemeat (*see page* 46). **Short or Flaky Pastry** (*see pages* 23 *and* 26 *respectively*). **Castor Sugar.**

Roll out pastry to just under one quarter-inch thick. Cut out rounds the size of the patty tins selected. Roll out the trimmings and cut into rounds slightly larger than the patty tins. Line the tins with these rounds. Put the mincemeat in the centre, moisten the edges of the pastry with water. Put on the tops and decorate the edges.
Bake for 20 mins. Brush with water, sprinkle lightly with castor sugar and return to the oven for 5 mins.

Regulo Mark 7 420° *Fahr. Middle shelf*

LEMON MERINGUE PIE

Short-crust Pastry, using 6 ozs. McDougall's Self-raising Flour, etc. (*see page* 23).
Filling
2 small Lemons. 1 1/2 ozs. Cornflour. 1/2 pint Boiling Water. 5 ozs. Castor Sugar. 2 Eggs.

Line an 8-inch sandwich tin with the pastry. Bake as directed on *page* 28.

To Prepare the Filling

Blend the cornflour with a little cold water, pour on the boiling water, add the lemon juice and grated rind of the lemons. Stir and boil for 3 mins. Add 3 ozs. of the sugar and the beaten yolks of eggs, pour into the prepared pastry case. Whisk up the whites of eggs very stiffly, fold in the remaining sugar. Pile the meringue on the top so that the lemon filling is completely covered and the meringue touches the pastry around the edges; dredge with castor sugar. Put the pie into a very moderate oven for 25–30 mins. to set the meringue.

Regulo Mark 6 *for the pastry* 400° *Fahr. Middle shelf*
Regulo Mark 2 *for the meringue* 310° *Fahr. Middle shelf*

CHEESE PASTRY

1/4 lb. McDougall's Self-raising Flour. 2 ozs. Butter or Margarine. 2 ozs. Grated Cheese. 1 yolk of Egg. About 1 tablespoonful Cold Water. Salt and Pepper. Cayenne (if liked).

Sift the flour and salt into a basin and rub in the fat. Add the cheese and other seasonings. Mix to a stiff paste with the yolk of egg and water and turn out on a floured board. Roll out to about a quarter of an inch thick and cut into narrow strips or biscuits and bake for about 10–15 mins.

Cheese Straws

The strips should be 3 inches long and about a quarter of an inch square. Cut rings from the trimmings of pastry through which the cheese straws are placed before serving.

Regulo Mark 3 330° *Fahr. Above the middle of the oven*

QUICK CRUST

6 ozs. McDougall's Self-raising Flour. 1/8 teaspoonful Salt. Good shake of Pepper or a heaped teaspoonful Sugar. 1 oz. Margarine. 6 tablespoonfuls Milk.

Prepare by Method 1 (*see page* 4). Roll out to the size and shape of the pie-dish, place over the hot fruit, etc. Press pastry on the edge of the dish, decorate and bake for 15 mins.

Regulo Mark 7 420° *Fahr. Middle shelf*

FLAKY PASTRY

½ lb. McDougall's Self-raising Flour. 5 ozs. Butter or Margarine and Lard mixed. Pinch of Salt. Just under ¼ pint Cold Water for mixing.

Sift the flour and salt into a basin, divide the fat into four portions on a plate. Put one-quarter into the flour and rub it in. Mix to a pliable dough with the cold water and turn out on to a floured board. Roll into an oblong about 14 inches long and 6 inches wide, keeping the sides quite straight and the top flat. Mark the pastry into three equal portions without cutting it. Put the second lot of fat in small pieces over the top two-thirds, then fold the bottom third up over the middle and the top one down over the other two. Seal the open ends with the rolling-pin and give the pastry one-half turn so that the folded end is to the right or left. Roll out again into an oblong a little larger than the first. Mark into three again and repeat twice with the remaining portions of fat. Roll out once more, fold up as before, then put away to cool for as long as possible. Then use as required.
This pastry is suitable for meat dishes of all kinds, sausage rolls, pies such as mince, fish, etc.
Cook this type of pastry in a very hot oven at first, reducing the heat towards the end of the cooking if necessary.
To make a brown gloss on the surface, brush the pastry over with beaten egg before putting it into the oven.

Regulo Mark 8 440° *Fahr. Above the middle of the oven*

BUTTERSCOTCH PIE

Short-crust Pastry. 6 ozs. McDougall's Self-raising Flour, etc. (*see page* 23).
Filling
3 ozs. McDougall's Self-raising Flour. Pinch of Salt. 1 pint Milk. 1 oz. Margarine. 4 tablespoonfuls warmed Golden Syrup. Vanilla Essence. 1 oz. sieved Cake Crumbs.

Make the pastry and use it to line a greased 8-inch flan ring or sandwich tin (*see page* 28).
Bake for 15 mins., remove paper, etc., and return to the oven to dry the centre.

Regulo Mark 6 400° *Fahr. Middle shelf*

To Make the Filling

Sieve the flour and salt into a basin, blend to a smooth cream with a little of the milk. Boil the remainder, pour on to the blended flour, etc., return to the saucepan and boil, stirring all the time for 3 mins.
Meanwhile, put the syrup and margarine into a saucepan, and boil until the colour changes to a light caramel. Pour this into the flour mixture, stirring well. Beat in the cake crumbs and essence, cool slightly and pour into the prepared pastry case. Serve cold.

FRUIT PIE

Short-crust Pastry (*see page* 23). **1 ½ lb. Fruit in season. Sugar to sweeten. Water (amount according to type of fruit).**

Prepare the fruit except apples which should be got ready after the pastry is made. Put half the fruit into the pie-dish, add the sugar and water, then the remainder of the fruit.
Prepare the pastry as follows:
Roll out into an oblong 2 inches larger than the total size of the pie-dish. Cut off a narrow strip all round wide enough to cover the edge of the dish. Damp the edges of the pie-dish and put on the strip, pressing lightly and damping the strip with water. Cover the pie with the remainder of the pastry; avoid stretching, otherwise the pastry will shrink during the cooking. Press the edges lightly and trim off the surplus pastry with a knife. Hold the knife at an angle outwards from the edge of the dish and trim with sharp, short strokes. With the back of the knife "tap" up the edges of the pastry, then decorate according to personal taste.
Bake in a fairly hot oven for 20 mins. to set the pastry, then reduce the heat or move the pie lower in the oven until the fruit is cooked. If liked, the pie may be brushed with water or white of egg and dusted with castor sugar and returned to the oven for 5 mins.
The pie may be covered with greased paper when the pastry is sufficiently brown.

Regulo Mark 6, 400° *Fahr. reducing to* **Regulo Mark 4,** 360° *Fahr. Middle shelf*

Quick Crust (*see page* 25) or New Crust (*see page* 29) may be used in place of Short-crust Pastry.

FRUIT FLAN

Flan Pastry (*see page* 28). **Stewed or bottled Fruit. Jelly Crystals, Gelatine or Cornflour.**

Line a 7-inch flan ring and bake as directed on *page* 28. Drain the fruit very thoroughly from the syrup and arrange carefully in the flan case. Measure a half pint of the strained syrup, sweeten if necessary and thicken by one of the following methods:
1. Blend two teaspoonfuls of cornflour to a smooth paste with a little of the syrup, boil the rest, pour on to the blended mixture, return to the saucepan, stir and boil 2 mins. Colour delicately and pour on the fruit. Leave to set.
2. Dissolve the requisite amount of jelly crystals in some of the syrup, add the rest, cool and, when starting to thicken, pour at once over the fruit.
3. Dissolve one-half ounce of gelatine in a little of the syrup over gentle heat, add the rest and leave to cool, stirring occasionally. Add a little colour if necessary. Cool; when it is just starting to thicken pour at once over the fruit.

N.B.—When fresh fruits, such as oranges, cherries, etc., are available, table jellies, dissolved in water, may be used. Bear in mind that if the jelly is not starting to thicken, it will soak through the pastry.

FLAN PASTRY

4 ozs. McDougall's Self-raising Flour. 1/8 teaspoonful Salt. 1 Egg Yolk. 2 ozs. Margarine. 1 level teaspoonful Sugar. Water to mix.

Prepare by Method 1 (*see page* 4), mix to a firm paste with egg yolk and water.

To Prepare a Flan Case

Grease a piece of greaseproof paper, lay it on a baking sheet and place a greased flan ring on it. Roll the pastry into a round, about 1 inch larger than the ring. Fold in half, lift into the ring, open out and press well against the base and sides. Trim off the edges with a sharp knife. Press a round of greaseproof paper, greased side down, on the pastry. Place a cake tin or breadcrusts on the paper to prevent pastry from rising. Bake for about 15 mins. Remove the paper, etc., and return pastry to the oven for a few minutes to dry the centre.

Regulo Mark 6 400° *Fahr. Middle shelf*

N.B.—A sandwich tin may be used in place of the flan ring or the sandwich tin may be covered on the outside with the pastry.

ECCLES CAKES

1/2 lb. Short-crust or Flaky Pastry (*see pages* 23 *and* 26). 1/2 teaspoonful Mixed Spice. 3 ozs. Sugar. 1 oz. finely chopped Peel. 1/2 lb. Currants. Few drops of Water.

Make pastry as directed and roll out to a quarter of an inch thick. Cut into rounds with a saucer. Put the currants, sugar and spice into a basin and just moisten with water and mix well. Turn the pastry rounds over and damp all round the edges. Put a large tablespoonful of the mixture on to each round and gather the edges together over the top. Join well and turn them over, then press or roll slightly until the currants just begin to show. Make two little cuts in the top and place them on a greased tin, and bake in a hot oven for 20 mins.

Regulo Mark 7 420° *Fahr. Middle shelf*

SAUSAGE ROLLS

Flaky Pastry (*see page* 26). 1 lb. Sausages. A little Beaten Egg.

Dip sausages in cold water, slit skins and remove them. Flour the sausages and roll into two rolls about 14 inches long.

Roll out pastry into a thin strip, trim off edges and divide in half lengthways. Brush edges with egg, put a sausage roll on each strip. Roll up and press securely at the edge. Cut each roll into six with a sharp knife, mark twice across the top with the back of the knife. Brush with egg and place on an ungreased baking sheet. Bake for 20 mins.

Regulo Mark 8 440° *Fahr. Middle shelf*

CUSTARD PIE

Short-crust Pastry. 6 ozs. McDougall's Self-raising Flour, etc. (*see page* 23).

Filling

¾ pint Hot Milk. 3 Eggs. 2 ozs. Sugar. A little Grated Nutmeg.

Make the pastry and roll it out about a quarter of an inch thick. Line the wetted tin with it, pressing against the base and sides to expel the air. Decorate the top in a way that will allow the pie to be removed from the tin. Put the eggs and sugar into a basin, mix thoroughly, pour on the milk, stirring all the time. Strain into the pastry and grate a little nutmeg on top. Cook for 40 mins.

Size of pie tin—7½ inches across at the top, 5½ inches across at the bottom, 1¾ inches deep.

Place on a hot baking sheet.

Regulo Mark 5 380° *Fahr. Middle shelf*

NEW CRUST

6 ozs. McDougall's Self-raising Flour. ⅛ teaspoonful Salt. 2 ozs. Compound Cooking Fat or Dripping. 1 tablespoonful Vegetable Oil. Water to mix.

Melt the oil and fat together and allow to become cold. Prepare by Method 1 (*see page* 4), and bind to a pliable paste with water.

This may be used in place of Short-crust pastry.

JAM TART

Short or New Crust Pastry (*see page* 23 *and above*). **Jam or Marmalade.**

Line a pie plate with the pastry, trim and decorate. Prick the base with a fork, spread with jam.

Cut the trimmings into half-inch strips, twist and lay crosswise across the tart. Bake for 20 mins. on a hot baking sheet.

Regulo Mark 6 400° *Fahr. Middle shelf*

SYRUP TART

Prepare a pie plate as for Jam Tart (*see above*). Spread with a mixture of the following: Two large tablespoonfuls warmed syrup, two tablespoonfuls breadcrumbs and the juice of half a lemon. Bake as for Jam Tart.

To make the Pasties use Short-crust pastry (*see page* 23). Divide into four and roll each piece into a round, moisten the edges with water or beaten egg, put the filling in the centre. Bring the sides of the pastry together in the centre, press well and pinch into flutes between the finger and thumb. Brush with beaten egg, place on greased baking sheet and bake for 20–25 mins.

Regulo Mark 6 400° *Fahr. Middle shelf*

SAVOURY FILLINGS

Meat

½ lb. Minced Beef or Mutton or Chopped Corned Beef. 1 tablespoonful Grated or finely Chopped Onion. 1 Boiled Potato (cut into dice). 1 teaspoonful Chopped Parsley. Salt and Pepper. 1½ tablespoonfuls Water.

Mix all the ingredients thoroughly in a basin.

Cheese and Tomato

3 ozs. Grated Cheese. 3 tablespoonfuls Breadcrumbs. ½ lb. Tomatoes. Salt and Pepper.

Mix cheese, crumbs and seasoning, place on pastry, cover with sliced tomatoes.

Sausage Meat

½ lb. Sausage Meat or Skinned Sausages. 1 tablespoonful Chutney. 1 tablespoonful Grated or Chopped Onion. 1 teaspoonful Chopped Parsley. Salt. Pepper. 2 tablespoonfuls Water or Gravy.

Mix all the ingredients with a fork.

SWEET FILLINGS

Spiced Apples

½ lb. Sliced Apples. Sugar. Nutmeg, Cinnamon or Mixed Spice. A few Chopped Dates. Water.

Mix apples, sugar, grated nutmeg and dates, place on the pastry, sprinkle lightly with water.

Dates and Lemon

½ lb. Chopped Dates. 2 tablespoonfuls Lemon Juice. Level teaspoonful Grated Lemon Rind.

Mix the ingredients thoroughly.

Prunes and Nutmeg

½ lb. Cooked Stoned Prunes. Grating of Nutmeg. Squeeze of Lemon Juice.

Mix the ingredients thoroughly.

CHOUX PASTRY

To make Choux Pastry

4 ozs. McDougall's Self-raising Flour. ¼ pint Water. 2 ozs. Margarine. ½ oz. Sugar. 2–3 Eggs.

Sieve flour and sugar on to a piece of paper. Put water and fat into a small saucepan, bring to the boil, then add the flour all at once. Stir quickly with a wooden spoon until the mixture forms a smooth ball of dough. Remove from the heat, add one egg, stir, then beat very thoroughly until it has been absorbed. Repeat with the second egg. Beat the third egg and add sufficient to bring the mixture to a velvety consistency, which will keep its shape when pulled into points with the spoon.

CHOCOLATE ÉCLAIRS

Choux Pastry (*see above*). **Mock Cream** (*see page* 44). **Chocolate Icing** (*see page* 44).

Put the mixture into a savoy bag fitted with a ⅝-inch diameter plain tube. Pipe 3-inch lengths on to a greased baking sheet about 1½ inches apart, then cut off the mixture sharply with a knife. Cook for 30–40 mins. until crisp to the touch. Cool, then slit open one side of each éclair with a sharp knife. Fill with Mock Cream and ice with Chocolate Icing.

Regulo Mark 5 380° *Fahr. Just above the middle*

SAVOURY ÉCLAIRS

Choux Pastry (*see above, omitting the sugar*).

Filling:

1½ ozs. McDougall's Self-raising Flour. 1½ ozs. Margarine. ½ pint Milk. 2 ozs. Grated Cheese. Salt and Cayenne Pepper. Bovril or Marmite. Finely Chopped Parsley.

Prepare the éclairs as directed for Chocolate Éclairs. Prepare the filling by making a sauce, adding the cheese and seasonings. Fill the éclairs, then brush the tops with a little Marmite or Bovril. Dip the ends in parsley or grated cheese.

CREAM BUNS

Choux Pastry (*omitting the sugar*). **Make half the quantity quoted above in a small saucepan. Mock Cream** (*see page* 44). **Icing Sugar.**

Grease the bases of two 10-inch round, shallow tins (with lids). Put even teaspoonfuls of the mixture in the tins, about 2 inches apart. Cover with the lids, which should fit tightly. Bake unopened for 45 mins., placing one tin on the top of the other and reversing the positions half-way through the baking period.

Regulo Mark 7. 420° *Fahr. Middle shelf*

When cold slit the side of each bun or remove the tops; fill with cream, then dredge with icing sugar.

HINTS ON STEAMED PUDDINGS

1. Prepare the steamer and note that the water is boiling before putting the pudding in to cook.
2. When a steamer is not available prepare a large saucepan containing sufficient boiling water to come half-way up the basin.
3. The water must boil steadily throughout the cooking period, and it should be replenished with boiling water from time to time, particularly when a saucepan only is used.
4. Grease the basin and a piece of greaseproof paper before preparing the pudding.
5. Christmas Puddings and boiled puddings should be covered with a greased cloth in addition to greased paper.

CHOCOLATE FRUIT FLAN

Short-crust Pastry

4 ozs. McDougall's Self-raising Flour, etc. (*see page* 23).

Filling

2 Bananas or Oranges. 1 oz. McDougall's Self-raising Flour. 1 oz. Margarine. ½ pint Milk. 1 Egg. 1 oz. Chocolate. Vanilla Essence. 1½ ozs. Sugar.

Prepare and bake a flan case as directed on *page* 28.

Regulo Mark 6 400° *Fahr. Middle shelf*

Dissolve the shredded chocolate in two tablespoonfuls of the milk over gentle heat. Make a white sauce with margarine, flour and rest of the milk. Stir in an ounce of sugar, the melted chocolate and the egg-yolk. Cook over moderate heat until the sauce thickens. Cool slightly. Arrange the sliced bananas or oranges in the pastry case. Pour on the chocolate sauce and leave to cool.

Whisk the white of the egg very stiffly; add 1 teaspoonful of sugar and whisk again. Stir in the rest of the sugar. Pile on top of the cold sauce. Bake 30–40 mins. to set the meringue.

Regulo Mark 2 310° *Fahr. Middle shelf*

CHRISTMAS PUDDING

½ lb. McDougall's Self-raising Flour. ½ lb. Breadcrumbs. ½ lb. Shredded Suet. ½ lb. Currants. ½ lb. Stoned Raisins. ½ lb. Sultanas. 4 ozs. Mixed Peel. 6 ozs. Demerara Sugar. 2 ozs. Blanched Almonds. 1 Apple. ¼ teaspoonful Mixed Spice. ½ teaspoonful Ground Cinnamon. ¼ teaspoonful Grated Nutmeg. 1 Lemon Rind and Juice. 4 Eggs. ½ gill Brandy (optional). ½ teaspoonful Salt. 1½ gills Milk (more if required).

Mix the flour, crumbs and suet, chop the peel, raisins, almonds and apple. Mix all the dry ingredients and flavouring. Beat up the eggs and add, together with the brandy, lemon juice and milk, to the other ingredients. Mix thoroughly and put the mixture into greased basins, cover with greased greaseproof paper and a pudding cloth. Boil for 8 hrs. or steam for 10 hrs. When the puddings are cold, remove the cloth and paper, cover with greased greaseproof paper and a clean ungreased cloth. Hang in an airy larder or store in a cool, ventilated place. When required steam for 3 hrs.

INEXPENSIVE ORANGE PUDDING

7 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 2 ozs. Sugar. 2 ozs. Suet. Grated rind of 1 large or 2 small Oranges. 1/4 pint Orange Juice and Water mixed, plus 3 additional dessertspoonfuls Water.

Sieve flour and salt, stir in suet, sugar and orange rind. Add liquids and beat well. Put the mixture into a greased basin, cover with greased paper and steam for 2 hrs.

APPLE SPONGE

2 or 3 Apples, according to size. 2 ozs. Margarine. 2 ozs. Castor Sugar. 4 ozs. McDougall's Self-raising Flour. 1 Egg. Little Milk.

Grease a pie-dish, peel apples and slice. Put into the pie-dish, cover with sugar and add a tablespoonful of water. Put into the oven to warm. Prepare the rest of the ingredients by creaming method (*see page* 4), spread over apples and bake in a moderately hot oven for 30–40 minutes.

Regulo Mark 5 380° *Fahr. Middle of the oven*

N.B.—Any stewed fruit may be used, but most of the juice should be omitted.

YORKSHIRE PUDDING

4 ozs. McDougall's Self-raising Flour. Good pinch of Salt. 1 Egg. 1/2 pint Milk. Dripping.

Sieve the flour and salt into a basin, make a well in the centre, add the egg and a little of the milk. Stir, drawing in the flour from the sides. Beat well until smooth. Add half the milk gradually, stirring and beating thoroughly. Beat for a few minutes, stir in the remainder of the milk and leave the batter to stand for half an hour.

Select a Yorkshire Pudding tin with a base measuring 8¾ by 6 inches, put a tablespoonful of dripping in it and heat in the oven until a blue smoke is seen. Stir the batter thoroughly, pour into the tin and bake for 35 mins.

Regulo Mark 7 420° *Fahr. Second shelf*

MIXED FRUIT PUDDING

1/2 lb. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 1/2 teaspoonful Ground Ginger or other Spice. 3 ozs. Grated Suet or Margarine. 2–3 ozs. Sugar. 4–6 ozs. Chopped Dates, Figs or other Fruit available. Approximately 1/4 pint Milk or Milk and Water.

Sieve flour, salt and spice, rub in margarine or stir in suet. Add sugar and fruit, stir in thoroughly and add sufficient liquid to mix to a soft consistency. Steam for 2 hrs.

N.B.—For a **Spotted Dick,** shape the above mixture into a roll on a floured board and follow directions for covering and cooking Roly-Poly (*see page* 35).

PINEAPPLE UPSIDE DOWN PUDDING

Cake
Mixture as for One-egg Sandwich (*see page* 19).
Decoration
2 ozs. dried Pineapple Rings. Cherries. Split Blanched Almonds. 1 oz. Margarine. 4 tablespoonfuls warmed Golden Syrup.
Sauce
Pineapple Juice. 2 dessertspoonfuls warmed Golden Syrup. Juice of ½ Lemon.

Cover the pineapple with water and leave to soak overnight. Cook for 20 mins. Strain off the liquid and reserve for the sauce; drain the rings carefully and remove the centre cores with a small cutter or apple corer. Arrange the pineapple on the base of a greased 8-inch cake tin, placing half a cherry in the centre of each ring. Fill up the spaces around the edge of the cake tin with blanched, split almonds or halved cherries. Heat the margarine and syrup in a saucepan, boil for 3 mins. until lightly caramelised. Pour over the pineapple.
Prepare the cake mixture, spread evenly over the fruit. Bake for 50 mins.
Regulo Mark 4 360° *Fahr. Middle shelf*
Place a heated dish over the cake tin, turn over, remove the tin carefully. To make the sauce: Put all the ingredients in a saucepan and boil for a few minutes.
N.B.—The above can also be served as a cake. When cooked, turn out on to a wire cooling rack and leave until cold.

FRESH FRUIT PUDDING

Suet or Short-crust Pastry (*see page* 23). **Approximately 1½ lb. Fruit. About 3 tablespoonfuls of Sugar. Water.**

Grease pudding basin, prepare the pastry. Cut off two-thirds and roll into a round large enough to line the basin. Fold in half, place in basin, open out and press against base and sides. Add prepared fruit and sugar in layers and add about one-quarter pint water. Roll out remaining pastry into a round large enough to cover the basin, moisten the edges with water. Cover the pudding, pressing the edges together. Cover with greased paper and steam steadily for 2 hrs.

SAVOURY PUDDING

10 ozs. McDougall's Self-raising Flour. ¼ teaspoonful Salt. Good shake of Pepper. 3 ozs. Cooking Fat. 4 ozs. Grated Cheese or 4 ozs. Chopped or Minced Cooked Meat. 1 tablespoonful Chopped Parsley. 1 medium-sized Onion. ¼ pint Milk.

Sieve flour, salt and pepper. Rub in fat, stir in chopped or grated onion, cheese or meat and parsley. Add milk and beat thoroughly. Place mixture in a greased basin, cover with greased paper and steam for 2 hrs. Serve with gravy.

OAKBANK APPLE PUDDING

Suet Pastry (*see page* 23). **¾ lb. McDougall's Self-raising Flour, etc.**
Filling
1½ lb. Cooking Apples. 3 ozs. Soft Brown or Granulated Sugar. 2 dessertspoonfuls Sultanas. 2 dessertspoonfuls Currants. 2 dessertspoonfuls Chopped Peel. 1 teaspoonful Ground Cinnamon. 1 tablespoonful Golden Syrup. 1 oz. Margarine. 1 tablespoonful Water.

Make the pastry and line a greased shallow tin measuring 11 by 7 by 3 inches. Reserve sufficient pastry for covering the top.
Cover the base of the pastry with thinly sliced apples, sprinkle with sugar, spice and fruits. Add the water and syrup, then the margarine cut into small pieces. Cover with the remainder of the apples, then with pastry. Trim and neaten, brush with water and sprinkle with granulated sugar. Bake for one hour or until the apples are tender. Cut into squares and serve hot.

Regulo Mark 4 360° *Fahr. Middle shelf*

ROLY-POLY

Suet Pastry (*see page* 23) **or Short-crust Pastry** (*see page* 23), **using 8 ozs. McDougall's Self-raising Flour and 2½ ozs. Margarine. Jam or Syrup and 2 tablespoonfuls Breadcrumbs.**

Prepare a large saucepan of boiling water, a piece of greased paper and a greased pudding cloth. Make the pastry, roll out into an oblong, moisten the edges with water and spread with jam or syrup and breadcrumbs to within an inch of the edges. Roll up lightly, seal the edges, wrap in the paper, then the cloth, tying the ends securely with string. Boil for 1½ hrs.

DUMPLINGS

8 ozs. McDougall's Self-raising Flour. ¼ teaspoonful Salt. Good shake of Pepper. 2 ozs. Grated Suet. About ¼ pint Water to mix.

Sieve flour and salt, stir in suet, mix to a firm dough with a fork. Divide into six or eight, roll into balls and drop into boiling soups or stews. The soup, etc., should boil steadily, but not vigorously. Cook for 15–20 mins. according to size.

POPOVERS

Put small pieces of lard or dripping in 12 bun tins, place in the oven until a blue smoke rises from the fat. Meanwhile, prepare half the quantities given for Yorkshire Pudding (*see page* 33) and pour into a small jug. Half fill the bun tins with batter, and bake for 15–20 mins. Turn out on a hot dish. Serve hot with gravy or jam.

Regulo Mark 7 420° *Fahr. Second shelf from the top*

MINCEMEAT LAYER PUDDING

Suet Crust (*see page* 23). **Jar of Mincemeat.**

Grease a basin (1½-pint capacity). Make the suet crust and divide into four unequal portions. Roll out the smallest piece and place on the base of the basin, spread with mincemeat. Continue in this way and finish with a layer of pastry. Cover with greased paper and steam steadily for 2 hrs.

CHOCOLATE SPONGE PUDDING

7½ ozs. McDougall's Self-raising Flour. ½ oz. Cocoa. 1 Egg. ¼ teaspoonful Salt. 3 ozs. Margarine. 3 ozs. Sugar. Vanilla Essence. 4 tablespoonfuls Milk.

Prepare by Method 1 (*see page* 4) and steam in a greased, covered basin for 1½ hrs.

SUNSHINE PUDDING

10 ozs. McDougall's Self-raising Flour. ¼ teaspoonful Salt. 4–6 ozs. Sugar. 4 ozs. Melted Margarine or 2 small tablespoonfuls Vegetable Oil. 2 Eggs. ¼ pint Milk.

Sieve flour and salt, stir in sugar, make a well in the centre, add eggs, milk and oil or melted margarine, stir, then beat thoroughly. Put the mixture into a greased basin, cover with greased paper and steam for 2 hrs.

JAM CAP PUDDING

6 ozs. McDougall's Self-raising Flour. Pinch of Salt. 2 ozs. Margarine. 1 oz. Sugar. 5–6 tablespoonfuls Milk. 2 tablespoonfuls Jam or Honey.

Grease a pudding basin and place the jam or honey on the bottom. Prepare by Method 1 (*see page* 4), and put the mixture over the jam. Cover with greased paper and steam for 1½ hrs. Serve with custard.
The mixture can be divided between 8 Castle Pudding tins. These should be greased and a small teaspoonful of jam placed on the bottom of each. Cover with greased paper and steam for 45 mins.

RASPBERRY SPONGE PUDDING

6 ozs. McDougall's Self-raising Flour. ⅛ teaspoonful Salt. 4 ozs. Margarine. 4 ozs. Castor Sugar. 2 Eggs. 2 tablespoonfuls Raspberry Jam.

Prepare by Method 2 (*see page* 4), stirring in the jam thoroughly before putting the mixture into a greased basin. Cover with greased paper and steam for 1½ hrs.

GINGER SNAPS

4 ozs. McDougall's Self-raising Flour. 4 ozs. Golden Syrup. 4 ozs. Sugar, 4 ozs. Margarine. Juice of Half Lemon. 1/4 oz. Ground Ginger.

Put the margarine, sugar, lemon juice and syrup into a saucepan and melt them slowly. Sift the flour and ginger together and add to the ingredients in the pan. Warm gently but do not cook. Remove from the heat and put teaspoonfuls of the mixture, 3 inches apart, on to well-greased baking tins. (About five will go on an ordinary baking tin.) Cook about 10–12 mins. until they are nicely browned. Leave for a moment before removing them from the tin, then quickly take them off, turn them over, and loosely roll them round the handle of a wooden spoon. This process must be done rather quickly as they soon begin to crisp. Refill the tin with more mixture and proceed as directed.

Regulo Mark 3 330° *Fahr. Middle shelf*

HONEY BISCUITS

8 ozs. McDougall's Self-raising Flour. Good pinch of Salt. 3 ozs. Margarine. 1 oz. Cooking Fat. Honey to mix (about two level tablespoonfuls).

Prepare by Method 1 (*see page* 4). Add the honey and work into the dry ingredients with a table-knife until the mixture binds together. Roll out an eighth of an inch thick, then stamp into rounds with a scone cutter. Bake on greased baking sheets for 15–20 mins. Remove with a palette-knife at once and cool on a cake-cooling rack.

Regulo Mark 2 310° *Fahr. Shelf below the middle*

NOVELTY WHEELS

6 ozs. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 2 ozs. Sugar. Vanilla Essence. 2 ozs. Margarine. 1 teaspoonful Cocoa. Water to mix.

Sieve the flour and salt, rub in the fat, add the sugar and essence and mix to a fairly stiff paste. Divide in half and roll out one piece into an oblong about quarter inch thick. Work the cocoa into the second piece with a fork and roll out to the same size as the first piece. Moisten the first piece with water, place the second piece on the top and roll lightly to make it stick. Roll up firmly from one of the long sides and cut off slices about quarter inch thick. Bake on a greased baking sheet for 15–20 mins.

Regulo Mark 4 360° *Fahr. Middle shelf*

SHREWSBURY BISCUITS

8 ozs. McDougall's Self-raising Flour. Good pinch of Salt. 4 ozs. Sugar. 4 ozs. Margarine. 1 Egg Yolk or 1/2 Egg. A little grated Lemon Rind.

Prepare by Method 2 (*see page* 4), adding the lemon rind with the flour. Roll out on a floured board to about eighth of an inch in thickness. Cut into rounds, place on a greased baking sheet, and bake for 15–20 mins.

Regulo Mark 2 310° *Fahr. Middle shelf*

JUMBLES

2 ozs. McDougall's Self-raising Flour. Pinch of Salt. 2 ozs. Castor Sugar. 1 1/2 ozs. Margarine. 1 dessertspoonful Beaten Egg.

Sieve flour, salt and sugar; rub in margarine. Bind together with the egg. Place mixture on a lightly floured board, knead till smooth and free from cracks. Roll out between hands and board to form a long sausage shape, approximately 1 inch in diameter. Divide evenly into twenty pieces.
Roll out each piece between the fingers and floured board to a thin roll approximately ½ inch in diameter and 3 inches long.
Place in an "S" shape on a greased tin. Bake until golden brown for about 12–15 mins.

Regulo Mark 3 330° *Fahr. Middle shelf*

COFFEE KISSES

6 ozs. McDougall's Self-raising Flour. 3 ozs. Margarine or Butter. 2 ozs. Castor Sugar. Egg Yolk. 1 teaspoonful Coffee Essence.

Rub the margarine into the flour, then add the sugar. Mix to a stiff paste with the egg yolk and the coffee essence, adding a little water if required. Bind well with the hand. Roll the mixture into balls the size of a small walnut, and put these on a greased baking sheet. Bake for about 15 mins. When cold, put two together with Coffee Butter Icing (*see page* 45) and dredge icing sugar over the top.

Regulo Mark 5 380° *Fahr. Middle shelf*

COCONUT BISCUITS

4 ozs. McDougall's Self-raising Flour. 1/8 teaspoonful of Salt. 2 ozs. Margarine. 1 1/2 ozs. Coconut. 1 1/2 ozs. Sugar. 1–2 tablespoonfuls Milk.

Sieve flour and salt, rub in margarine. Stir in coconut and sugar, add sufficient milk to bind mixture together. Turn out on to a floured board. Knead lightly till smooth. Roll out to one eighth of an inch and stamp into rounds with a cutter. Place biscuits on greased baking sheets and bake for 15–20 mins.

Regulo Mark 3 330° *Fahr. Middle shelf*

GRANTHAM GINGERBREADS

1/4 lb. McDougall's Self-raising Flour. 1/4 lb. Castor Sugar. 1/4 lb. Margarine. 2 level teaspoonfuls Ground Ginger. 1 dessertspoonful Beaten Egg.

Cream the fat and sugar together until soft. Sieve together the flour and ground ginger. Add the egg to the fat and sugar and beat in well. Work in the flour and ginger to a stiff dough until convenient to handle. Roll into balls about half the size of a golf ball. Put these on a greased tin well apart and bake for about three-quarters of an hour. They should be pale in colour and not brown, and should be hollow inside.

Regulo Mark 1 290° *Fahr. Just below the middle*

SUGGESTIONS FOR SUPPER OR HIGH TEA

STUFFED PANCAKES

Batter

¼ lb. McDougall's Self-raising Flour. Pinch of Salt. 1 Egg. ½ pint Milk. Fat for frying.

Filling

Cold Fish or Meat or Hot, Cooked Sausages spread with a little Mustard or table Sauce. A little Gravy or thick Sauce. Seasoning. Ketchup.

Sieve flour and salt, make a well in the centre, drop in the egg, add a little of the milk, gradually drawing in the flour from the edges. Stir and beat well. Continue stirring and beating until all the milk is added. Heat the savoury mixture in a saucepan ready for filling the pancakes as they are cooked.

Melt a little dripping in a frying-pan, heat until a faint blue smoke appears over the surface, pour in sufficient batter to make a thin layer, cook for a minute or two, turn over or toss and cook the underside. Turn on to clean paper, put some of the filling in the centre, roll up and keep hot on an uncovered dish. Repeat until all the batter is used. Serve with gravy.

SWEET PANCAKES

Prepare the pancakes as above and fill with hot stewed apple and chopped dates.

SMOKED FISH TURNOVER

Flaky Pastry (*see page* 26), **Short Crust** (*see page* 23) **or New Crust** (*see page* 29). **1 Beaten Egg.**

Filling

8 ozs. Cooked Smoked Fillets. 3 tablespoonfuls Mashed Potatoes. Salt and Pepper. 1 teaspoonful Chopped Parsley. Grating of Nutmeg. ¾ oz. Margarine. ¾ oz. McDougall's Self-raising Flour. ¼ pint Milk. 1 hard-boiled Egg.

Prepare the pastry and leave in a cool place. Melt the margarine, add the flour, cook for a few seconds, stir in the milk, bring to the boil and boil for two minutes. Stir in the flaked fish, chopped egg, etc., cool. Roll the pastry into a square, brush the edges with beaten egg and put the filling in the middle. Bring the two top corners of the pastry together and press the edges firmly. Repeat with the bottom corners. Press the other edges in place. Brush all over with beaten egg. Make leaves from the pastry trimmings, brush with egg, arrange in the centre, roll up a ball of pastry and put in the centre to hold the leaves in place. Bake on an ungreased baking sheet for 40 mins.

Regulo Mark 6 400° *Fahr. Middle shelf*

SAVOURY FRITTERS

2 ozs. McDougall's Self-raising Flour. Pinch of Salt. ½ Egg. ⅛ pint of Milk. Shake of Pepper. 1 oz. Chopped Ham, Luncheon Meat or Grated Cheese. Fat for frying. 3 Tomatoes.

Sieve the flour, salt and pepper into a bowl and add the chopped ham or grated cheese. Add the egg and milk and beat thoroughly. Heat the fat in a frying-pan until a slight haze appears and fry tablespoonfuls of the mixture until golden brown. Turn the fritters over and fry on the other side. Serve hot, with fried tomatoes. (Try these for breakfast also.)

QUICK CHUTNEY SURPRISE

Short-crust Pastry (*see page* 23). **6 ozs. McDougall's Self-raising Flour, etc.**

Filling

3 ozs. Grated Cheese. 2 medium-sized Apples. 1 medium-sized Onion. 2 ozs. Dates. 1 dessertspoonful Vinegar. Pepper and Salt. 1 teaspoonful Marmite or Bovril.

Make the Short-crust Pastry and use two-thirds of it to line a greased 7-inch flan ring or sandwich tin.

Cut up dates roughly with a pair of scissors, and place these in a saucepan with the Marmite or Bovril and vinegar. Cook slowly until the mixture is thick and smooth. Grate or chop the apples and onion and add to the contents of the saucepan with the cheese and seasoning. Mix thoroughly. Spread the mixture in the pastry case. Roll out the remainder of the pastry to a round approximately the same size as the flan ring. Damp the edges, place on the top of the case, pressing the edges of the pastry firmly together. Trim and decorate.

Bake for 25 mins. till the pastry is golden brown.

Regulo Mark 6 400° *Fahr. Middle shelf*

MEAT SANDWICH

Suet or Short-crust Pastry. 6 ozs. McDougall's Self-raising Flour, etc. (*see page* 23).

Filling

½ lb. Minced Beef or Sausage. 1 Onion. ¼ teaspoonful Mixed Herbs. Salt and Pepper.

Peel onion, then mince, chop or grate it, mix with meat, herbs and seasoning.

Prepare pastry, roll out two-thirds of it and line a greased 7-inch sandwich tin, fill with meat, onion, etc. Roll out remainder of pastry into a round approximately same size as sandwich tin, damp edges, place on the top of the tin, seal the two layers of pastry firmly. Trim and neaten. Bake for half an hour. Serve hot, with gravy.

Regulo Mark 6 400° *Fahr. Middle shelf*

SUGGESTIONS FOR SUPPER OR HIGH TEA

SEA PIE

½ lb. Minced Meat, Sausage Meat or Stewing Steak. Salt and Pepper. Pinch of Mixed Herbs. 1 large Onion. 1 oz. Dripping. 1 oz. McDougall's Self-raising Flour. ½ pint Gravy or Meat Essence and Water. 1 medium Carrot. 2 or 3 outer Stalks of Celery.

Heat the dripping in a strong saucepan, fry the sliced onion until brown, remove. Fry the flour until brown and stir in the gravy. Add seasoning, meat, onion, chopped celery and sliced carrot. Bring to boil and simmer for one hour, stirring occasionally. Prepare half the amount of ingredients quoted for Suet Pastry (*see page* 23) (margarine or cooking fat can be used). Roll out into a round the size of the saucepan, place over the contents of the pan. Cook steadily for 20–30 mins. according to the thickness of the crust. Remove the crust, cut into six. Place the stew on a hot dish and arrange the crust around it.

FISH FLAN

Short-crust Pastry (*see page* 23), **half quantity. Cooked Fish. 1 oz. McDougall's Self-raising Flour. 1 oz. Margarine. Fish Liquor and Milk just under ½ pint. Salt and Pepper. Chopped Parsley or Capers or Grated Cheese.**

Prepare and bake a Flan Case (*see page* 28). Arrange cooked fish in the Flan Case, heat through in the oven whilst the sauce is being prepared. Melt margarine, stir in flour, cook for a few seconds, stir in the liquid by degrees. Bring to the boil, boil two minutes, season and add one of the suggested flavourings. Pour over the fish, garnish with parsley.

CHEESE AND VEGETABLE FLAN

Prepare a cheese sauce as above, using milk and vegetable liquor. Add chopped cooked carrots or other vegetables available, and seasoning. Fill the Flan Case with the mixture. Capers, parsley or chopped pickled onions may be used in place of cheese.

SAUSAGE MEAT PIE

Quick Crust (*see page* 25) **1 lb. Sausage Meat. 1 Fried, Boiled or Grated Onion. Gravy or Meat Essence dissolved in Water. 3 Tomatoes or Pickles, or Chutney.**

Mix sausage meat, onions, pickles, etc., with a fork, add sufficient gravy to moisten thoroughly. Place in a pie-dish or fireproof dish. Cover with a lid or greased paper and bake for 30 mins.
Cover with Quick Crust, bake for 15 mins. Serve hot with gravy.
Regulo Mark 7 420° *Fahr. Middle shelf*

ALMOND PASTE OR MARZIPAN

¾ lb. Ground Almonds. 6 ozs. Castor Sugar. 6 ozs. Sieved Icing Sugar. Juice of half a Lemon. 1 teaspoonful Vanilla Essence. 1 Egg or 3 Yolks.

Mix ground almonds and sugars. Beat the egg and add the flavourings, pour on to dry ingredients. Mix to a pliable but not sticky paste with a fork. Add more icing sugar or lemon juice, if necessary, to bring to the correct consistency.

MOCK ALMOND PASTE I

8 ozs. sieved Bread or Cake Crumbs, preferably the latter. 3 ozs. Castor Sugar. 1 Egg. Almond Essence to flavour.

Put the crumbs and sugar into a basin, mix well. Add the essence to the egg, pour into the crumbs, mix and bind with a fork. If the crumbs are dry, add a little water. The paste should be pliable but not sticky.

MOCK ALMOND PASTE II

6 ozs. Semolina. 4 ozs. Sugar. A little beaten Egg and Water. 1 oz. melted Margarine. 1 teaspoonful Almond Essence.

Mix the semolina and sugar, add essence and melted margarine and sufficient liquid to bind to a pliable paste.

ROYAL ICING

1½ lb. Icing Sugar. 4 Whites of Egg. 2 or 3 drops of dilute Acetic Acid or Lemon Juice.

Sift the icing sugar through a fine sieve. Put the whites of egg into a mixing basin, stir to break them up, but do not beat them. Add the sugar, a little at a time, beating well between each addition. Add the acid and beat again. Vigorous beating is important.

HINTS ON ICING A CAKE, USING ALMOND PASTE AND ROYAL ICING

To apply the Almond Paste

1. Have the cake as flat and even in shape as possible.
2. Prepare the beaten egg or a smooth jam which has been boiled until thick.
3. Roll out a round of paste approximately the same size as the top; brush with jam or egg. Place the cake on this and straighten the sides with a table-knife.
4. Roll out the rest of the paste into a strip the same depth as the cake and long enough to go round it; cut the edges straight, brush with jam or egg, roll the cake along the strip. Neaten and see the cake is straight.

Leave several days to become firm.

To apply Royal Icing

1. Prepare this, beating very thoroughly. The icing should be beaten whilst still a moderately thick cream until it is white and feels velvety. Cover with a damp cloth in between the beatings and at all times when it is standing.
2. It should be a thick cream when ready for applying to the cake.
3. Spread it evenly with a table—or palette—knife on the side of the cake. The cake should be on a revolving icing table if possible, or on a cake tin.
4. Hold a stiff knife at an angle of about 45 degrees against the cake. Revolve the table and finish off with a quick movement towards you. The icing should be smooth with no ridges.
5. Spread the top of the cake smoothly with the icing and draw a metal or clean wood ruler across it, holding the ruler towards you at an angle of about 45 degrees—do this quickly and evenly.
6. Hold the knife against the top edge of the cake and "shave" off the icing at the edge to make a groove for the piping. Allow to dry and apply a second coat.

Piping the Cake

1. The consistency of the icing for use with the writing pipe should be slightly thicker than that for coating the cake. When the spoon is pulled out, it should remain in soft points.
2. The consistency for use with the star pipes should be slightly stiffer than above, and the icing should be sufficiently stiff to pull into points which will hold the shape. The icing should never be so stiff that icing is hard work.

Suggestions

Practise as much as possible—the icing can be scraped off a clean surface before it hardens and used again.
The end of the pipe should always be "clean"—i.e. free from icing until piping is carried out.
The pipe should be held close to but not touching the cake.
Exert even pressure and stop pressing before lifting the pipe.
Fill the bag about two-thirds full and close the ends firmly by folding.

AMERICAN ICING

1 lb. Lump Sugar (or Granulated). 1/4 pint Water. Whites of 2 Eggs.

Put the sugar and water into a clean saucepan and allow the sugar to dissolve slowly. Bring to the boil and boil to 240° Fahr. If no thermometer is available, boil for six or seven minutes according to the rate of boiling, timing it from the moment the sugar has dissolved and the mixture begins to boil; do not stir. Meanwhile, whisk the whites until stiff but not dry in a large bowl, and when the syrup is ready pour over the whites, whisking all the time. Beat until the icing cools and thickens sufficiently to coat the cake thickly and at the same time run over it smoothly. It should set very quickly at this point, and care must be taken not to whisk or beat too long or the icing will not run. Any remains of this icing may be used as a filling between sandwich cakes, etc. Chopped nuts, or apricot jam, or fruit juice may be mixed with it.

CHOCOLATE GLACÉ ICING

4 ozs. Plain Chocolate. 6 ozs. sieved Icing Sugar. Small knob of Margarine. 2–2½ tablespoonfuls Warm Water.

Cut the chocolate into small pieces with a knife, put it and the margarine into a saucepan with 1½ tablespoonfuls of the warm water. Stir over gentle heat to a smooth cream. Cool until lukewarm, add the sugar by degrees, beating thoroughly and adding a little water, if required, to bring to a coating consistency. Beat again over gentle heat, test the consistency, then pour over the cake.

MOCK CREAM I

2 ozs. Butter or Margarine. 2 ozs. Icing or Castor Sugar. ¼ pint Milk. 1 teaspoonful Cornflour. ¼ teaspoonful Vanilla Essence.

Blend cornflour with milk, boil until thick, stirring all the time, leave until cold with a piece of wet paper over the surface to prevent a skin forming. Meanwhile cream the butter and sugar until very soft, and then gradually add the cold cornflour mixture and beat vigorously, flavour and use as required.

MOCK CREAM II

1 oz. Margarine. 1 oz. Castor Sugar. 1 tablespoonful Boiling Water. 1 tablespoonful Hot Milk. Flavouring.

Beat the fat until soft, add the sugar and cream together until light and fluffy. Beat in the water drop by drop, then beat in the milk drop by drop. Flavour to taste.

ORANGE CURD

1 lb. Castor or Granulated Sugar. 6 ozs. Butter. 4 Eggs. 1 Lemon. 2 Oranges.

Wipe the oranges and lemon, peel thinly and squeeze out the juice. Put the sugar, rinds, juice, beaten eggs and butter into a saucepan or jug and stir over very hot water until the mixture coats the spoon. Lift out the rinds on to a plate. Strain the curd into hot jam-jars through a pointed strainer; then put the rinds in the strainer and press. Cool and cover as for jam.

CHOCOLATE ICING

1 tablespoonful Golden Syrup. 1 oz. Margarine. 1 oz. Cocoa.

Put all ingredients into a small basin, stand this in a saucepan of hot water, stir until melted, beat well and when the icing coats the back of a spoon, pour quickly on to the top of a 7-inch cake.

WATER OR GLACE ICING

8 ozs. sieved Icing Sugar. Good squeeze of Lemon Juice. 2–2½ tablespoonfuls Warm Water. Colouring.

Put the sugar into a saucepan, add lemon juice. Add water cautiously and mix to a coating consistency. Colour to taste. Beat well, stir over gentle heat for one minute.

ORANGE GLACÉ ICING

Prepare as for Water or Glacé Icing but use a little strained orange juice in place of water.

COFFEE GLACÉ ICING

Prepare as for Water or Glacé Icing but use half coffee essence and half water for mixing.

CHOCOLATE MOCK CREAM

4 ozs. Margarine. 2 tablespoonfuls warmed Golden Syrup. 1 tablespoonful Cocoa. Vanilla Essence.

Beat the margarine until soft, add the syrup, beat again. Stir in the essence and sieved cocoa. Beat thoroughly.

COFFEE BUTTER ICING

4 ozs. Margarine. 6 ozs. sieved Icing Sugar. 2 teaspoonfuls Coffee Essence.

Cream the margarine and sugar together until soft and then add the essence. Use as directed.

LEMON CURD CREAM

2 ozs. Margarine. 3 ozs. sieved Icing Sugar. 1½ tablespoonfuls Lemon Curd.

Beat the margarine until soft. Add the sugar and beat to a cream. Stir in the Lemon Curd gradually and beat again.

ORANGE AND HONEY CREAM

2 ozs. Margarine. 3 ozs. sieved Icing Sugar. 1 tablespoonful Honey (medium stiffness). 1 level teaspoonful finely grated Orange Rind.

Prepare as for Lemon Curd Cream (*see above*), adding the orange rind with the honey.

SALAD DRESSING

1 pint Milk. ½ pint Vinegar. 4 teaspoonfuls Mustard. 2 teaspoonfuls Salt. 1 tablespoonful Flour. 2 tablespoonfuls Sugar. 1 tablespoonful Salad Oil. ½ teaspoonful Pepper. 1 Egg.

Mix the mustard, salt, flour, pepper, sugar and salad oil. Beat up the egg, add the milk and stir gradually into the other ingredients. Lastly, add the vinegar, drop by drop. Pour into a saucepan and stir until boiling. Cook for 5 mins., stirring all the time. Bottle when cold.

VEGETABLE SOUP

1 medium Carrot. 1 large Onion. 1 large Potato. ¼ Cabbage. Few Stalks of Celery. 2 Leeks when available. Water. Meat Cube or Meat or Vegetable Essence. Salt and Pepper. 1 oz. Spaghetti. Grated Cheese and Chopped Parsley.

Prepare the vegetables, pass them through the mincer or grate them on a suet grater. Put them into a saucepan, add seasoning, meat or vegetable essence and cover with water. Bring to the boil and cook steadily for 1–1½ hrs. Ten minutes before serving add the spaghetti. Sprinkle grated cheese and parsley over each serving.

N.B.—

1. The thickness of the soup can be adjusted to personal taste.
2. Any vegetable in season, scraps of cooked vegetables and meat may be added.
3. Dumplings (*see page* 35) may be added to a thin soup twenty minutes before serving.
4. Cut up parsley with scissors to save time.

LEMON CURD

1 lb. Loaf Sugar. 6 ozs. Butter. 4 Eggs. 3 Lemons.

Wipe the lemons and grate the rinds. Melt the butter in a double saucepan, add the sugar, lemon juice and grated rinds and dissolve. Add the beaten eggs and stir constantly until it thickens. Pour into pots. Cover as for jam.

MINCEMEAT

6 ozs. Shredded Suet. ½ lb. Moist Sugar. ½ lb. Currants. ½ lb. Stoned Raisins. 6 ozs. Mixed Peel. ½ lb. Apples (peeled and cored). Grated rind and strained juice of 2 Lemons. 2 ozs. Blanched Almonds or other Nuts. ½ teaspoonful Mixed Spice. ½ gill Brandy or Whitewine Vinegar.

Mince the raisins, peel, almonds and apples or chop finely. Mix thoroughly with the rest of the ingredients, leave in a covered basin overnight, then stir well and tie down in jars.

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'a bag of McDougall's please!'

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HANDY MEASURES

These will help housewives who are without scales.

1 tablespoonful flour (as much above as below the rim)	= 1 oz.
1 level tablespoonful castor sugar	= ½ oz.
1 tablespoonful jam or honey or syrup	= 2 ozs.
2 heaped tablespoonfuls breadcrumbs	= 1 oz.
½ pint tumbler of flour	= 4–5 ozs.
½ pint tumbler of castor sugar	= ½ lb.
A piece of butter, lard or margarine about the size of a small egg	= 2 ozs.
1 hen's egg weighs approximately	= 2 ozs.
1 gill liquid or 7 tablespoonfuls water	= ¼ pint
3 pennies	= 1 oz.
1 penny and 1 halfpenny	= ½ oz.

SELECTION, STORAGE AND PREPARATION OF INGREDIENTS

1. Always buy McDougall's Self-raising Flour and store it in the bag in which it is purchased on a dry, cool, airy shelf. Do not use a bin or tin for storing flour.

2. Never mix freshly bought flour, fruit, etc., with old stock.

3. Put the date on tins, bags and packets of food at the time of purchase so that they are used in rotation.

4. Label any store jars and tins clearly. Wash and scald them with boiling water when practicable and dry thoroughly before re-filling.

5. Remove the wrapping paper from fats whilst they are still firm so that the minimum is left on the paper.

McDougall's

COOKERY BOOK

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

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